

DATE _____



WellCast

LONG DISTANCE RELATIONSHIPS



Use the 5Ds to help save your long distance relationships!

1 define your relationship's parameters

Having a serious plan will help ensure your long distance relationship will last!

- A) How long will this last?
- B) How often will we see each other?
- C) What are the best ways to talk?

2 do things together, apart

What are some experiences you can still share together?

3 dedicate time to talk

Set aside time to talk to your partner!

4 ditch the jealousy

Sometimes, you have to give your boyfriend/girlfriend the benefit of the doubt and trust them!

5 drop by when you can

Use those rare opportunities to VISIT!